

Breastfeeding Support Groups

Breastfeeding support and information for pregnant women as well as new parents and babies

You do not have to be on the WIC Program to come.

Please call to confirm location!

Pittsburg--Antioch--Brentwood--Oakley

| Agency/Contact #: | Date: | Language/Time: | Location: |
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| La Leche League *Mary (925)754-1284 *Julie (925)757-6767 | 3 rd Friday of every month | English 10:00 AM | First 5- downtown Antioch Call Mary for date and time (925) 550-6459 |
| WIC Breastfeeding Support Group *Claudia (925) 431-2465 *Liza (925)431-2467 | 2 nd Monday of every month | Spanish 9:30 AM-11:30 AM English 1:30 PM-3:30 PM | Pittsburg Health Center 2311 Loveridge Rd Pittsburg, CA 94565 |
| Lactation Lounge Mommy Group | 3 rd Wednesday of every month | English 5-7PM | Pittsburg Health Center <u>Cypress Room</u> 2311 Loveridge Rd Pittsburg, CA 94565 |

Concord--Walnut Creek--Pleasant Hill--Martinez--Lafayette

| Agency/Contact #: | Date: | Language/Time: | Location: |
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| La Leche League *Anuta (925) 818-4355 | 3 rd Wednesday of every month | English 3:00 PM | Bloom Retreat 1444 South Main St Walnut Creek, CA 94596 |
| WIC Lactation Club WIC Club De Lactancia *Araceli (925)646-5534 | 2 nd Thursday of every month | Spanish 9:00 AM-11:30 AM English 1:30 PM-3:30 PM | Concord WIC Office 2355 Stanwell Circle Concord, CA 94520 |

Danville--San Ramon--Alamo

| Agency/Contact #: | Date: | Language/Time: | Location: |
|--|---|------------------|--|
| La Leche League *Maggie (510) 703-4636 | 4 th Tuesday of every month | English 10:00 AM | San Ramon Medical Center 600 Norris Canyon Rd San Ramon. (Use South/Family Birthing Center entrance, meets in Blackhawk A room) |

Richmond--Pinole

| Agency/Contact #: | Date: | Language/Time: | Location: |
|--|--|-------------------|---|
| Bay Area Breastfeeding Support *Serena (510)612-4000 | 2 nd Friday of every month | English 4:30-6 PM | 880 Tenant Avenue Alex Clark Room- bottom floor of Police Department |

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| Breastfeeding Warm Line Services | 1-866-878-776 (available in Spanish and English, calls are returned in 24 hours) |
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